# SPECIALS.

Prices Effective March 7 to March 13, 2019.

100% BC Owned and Operated



# Choices is Proud to Carry New Zealand Spring Lamb

Raised Without Antibiotics • Grass Fed • Free Range No Added Hormones • Humanely Treated

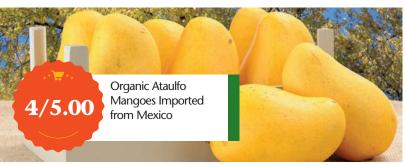
New Zealand Spring Lamb is raised without the use of antibiotics or growth hormones to ensure you are enjoying the best all-natural product possible. Pasture-raised on a diet of fresh New Zealand grasses, our lamb is naturally tender and lean with a pure, mild flavour. Whether you're hosting a dinner or a crowd or enjoying a quiet night in, our versatile selection of lamb products lets your creativity roam in the kitchen.

Find it in our Meat Department!



















# **GROCERY**

Choices' Own Organic Milk 2L



Skim, 1 & 2%



Terra Breads Granola

Liberté Skyr Icelandic Style Yogurt and Organic Kefir



assorted varieties

3.99 500g Skyr

2/7.00

fortified almond

Natur-A Beverages assorted varieties 946ml

2/5.00



Jordans Morning Crisp Cereal and Organic Muesli assorted varieties 450-500g

4.99

Rabbit River Vegetable Fed Free Run Large Eggs 1 Dozen



4.49



Dairyland Whip Cream, Table Cream and Creamo assorted varieties 473ml & 225g

1.69 to



Frog Friendly Organic Wild Coffee Beans assorted varieties 340g



Numi Organic Tea assorted varieties 12-18 pack

5.99

Patisserie Lebeau Frozen Waffles assorted varieties 300g



3.99

Uncle Luke's Organic Maple Syrup assorted varieties

20.99



Nature's Nuts Almond Butter assorted varieties

**8.99** 500g Regular

10.99 340g Organic

Woolwich Chevrai Goat Cheese assorted varieties 113g



Green Organic Frozen Vegetables assorted varieties 500g





Avalon Organic Cottage Cheese



1 & 2% 500g

Liberté Organic Butter salted or unsalted 454g



7.99

Simply Pure Light Tuna



chunk & flaked 170g

2/3.00



Biovert Dish Liquid and Laundry Detergent select varieties 700ml-4.43L

10.99 Laundry Detergent

# **GROCERY**



Hardbite Potato Chips assorted varieties 128-150q

2/5.00



Coconut Bliss Organic Non-Dairy Ice Cream Bars assorted varieties 3-4 pack

5.99



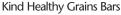
Happy Planet Smoothies assorted varieties 900ml +deposit +eco fee

3.99



Sensible Portions Veggie Chips and Straws assorted varieties 141-142q

2/6.00





**assorted varieties** 175g

3.99

Wonder+Well Infused Water assorted varieties 8 pack • +deposit



4.99



Three Works
Apple Chips
assorted varieties
50q

2/6.00



RoòBar Organic Energy and Protein Bar assorted varieties 45-60g

2/4.00 <sub>45g</sub>

2/5.00 <sub>60g</sub>

Squamish Water Kefir Company



assorted varieties 355ml +deposit +eco fee

2.99

Carr's Crackers assorted varieties 125-200g



2.29 to 4.29



Green & Black's Organic Fair Trade Chocolate Bars assorted varieties 100g

2/7.00



Coco Libre Organic Coconut Water

+deposit +eco fee

3.79



Real Foods Organic Corn Thins assorted varieties 150g

2/5.00



Haribo Gummies assorted varieties

2/4.00



Choices' Own Natural Spring Water from Pemberton, BC assorted varieties 500ml-9.5L

+deposit +eco fee



Choices' Own Sprouted Vegan Cookies assorted varieties 312g

4.99

Panda Licorice assorted varieties



.79 <sub>32g</sub>

2.99 <sub>170g</sub>



SweetLeaf Stevia Water Drops assorted varieties 48ml

3.99

## DELI

Grimm's Honey Ham



Choices' Own Tofu Salads assorted varieties



Tartine Tarts Shepherd's Pie or Vegan Lentil Shepherd's Pie

> 4.99 to 5.29



Happy Planet Soup assorted varieties 500-650g

5.99



assorted varieties

5.49





3.99

Tre Stelle or Dofino Cheese Slices



Goat Feta Cheese



2.49/100g

**Bothwell Cheese** 



2.49/100g

Italian Imported Grana Padano or Parmigiano



# **PRODUCE**

BC Grown Organic Sun Dried Cherry and Nectarinechin Mix from Flam's Organics





Organic Rainbow Bunch Carrots from California

1.98

Red Tomatoes on the Vine Imported



Organic Minneola Tangelos from California 4.37kg



1.98lb

Organic Romaine Lettuce from Ecocampos in Mexico

1.98

## MFAT



Organic Chicken Wings value pack 15.41kg

6.99lb



Choices' Own Ground Chicken raised without antibiotics 24.23kg

10.99lb



Pork Side Ribs regular or sweet and sour raised without antibiotics 9.90kg

4.49lb



Beef Stewing Meat Grass Fed raised without antibiotics value pack 17.61kg

7.99lb



Iceland Cod Fillets **41.87kg** 

18.99lb



100% Grass Fed New York Steaks Aged 21+ Days from Australia value pack 22.02kg

9.99lb



Wild-Caught Ahi Tuna Loin Steaks Sashimi Grade **44.07kq** 

19.99lb



BC Fresh Duck raised without antibiotics **8.80kg** 

3.99lb



duBreton Organic Bacon <sup>250g</sup>

9.49



Choices' Own Pork Sausages assorted varieties made in-store 17.61kg

7.99lb

# **BAKERY**

Choices' Own St. Patrick's Day Cookies and Cupcakes assorted varieties assorted sizes



Choices' Own Multigrain Bread or Sourdough Multiseed Bread 530-600g



Choices' Own Muesli, Fruit and Granola Bars assorted varieties assorted sizes





New Roots Wild Oregano Oil C93



## Pranin Organic Purefood



Purefood B, Purefood C, Purefood Iron and Complete A to Z assorted sizes reg price 31.99-77.49

### Gabriel Cosmetics and Gabriel Kids Body Care



Make Up, Nail Polish, assorted varieties reg price 10.99-48.79



Amazing Grass Green Superfood and Protein Superfood Powders assorted varieties assorted sizes reg price 27.79-69.99



Kaizen Protein Powders assorted varieties

100% Whey 908g



Jason Body Care Products Hair Care, Body Wash and More reg price 6.79-17.99

Rice and Beans Select Varieties Bins and Random Weight Bags



# **GROCERY**



Rustichella Artisan Pasta assorted varieties

4.99



Silver Hills Bread assorted varieties assorted sizes

3.99



Spectrum Cooking Oil assorted varieties assorted sizes reg price 6.99-27.49



Choices' Own Gourmet Pasta Sauce assorted varieties 750ml



Wedderspoon Manuka Honey Apple Cider Vinegar

12.99



Annie's Home Grown Pasta Side Dishes assorted varieties 149-170g

2/5.00



Suzie's Organic Mustard, Ketchup and Mayonnaise assorted varieties 237-499ml

49 Mustards

Ketchup & Mayo



Wild Moon Organic Bone Broth assorted varieties 450ml

8.49



Bragg Liquid Soy Sauce

4.99 473ml



Cape Herb and Spice Seasonings assorted varieties 175-390a

Yves Vegan Products



assorted varieties 120-400g reg price 3.59-8.49

**%** 

## **Tasty Recipe**

## Choices is Proud to Carry New Zealand Spring Lamb



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## **ROAST LEG OF LAMB WITH MEDITERRANEAN VEGETABLES**

1.6-1.8kg frozen New Zealand Lamb Leg

- 4-5 long sprigs fresh rosemary
- 3 garlic cloves, peeled and sliced
- 2 red and 2 yellow peppers, deseeded and cut into chunks
- 2 red onions, peeled and cut into wedges
- 3 medium courgettes, trimmed and thickly sliced
- 6 ripe tomatoes, quartered
- freshly ground black pepper



- 1. Preheat the oven to 350C. Unwrap the lamb and make around 25 small, deep cuts in the surface of the meat with a sharp knife. Poke small sprigs of rosemary and garlic well into the lamb. Place in a roasting tin and season with ground black pepper. Cover loosely with foil and roast for 1 hour, 20 mins.
- 2. Remove lamb from the oven and discard foil. Spoon off any fat from the tin. Scatter all the vegetables, except the tomatoes, around the lamb and return to the oven for a further 40 minutes until the lamb is cooked to taste, turning the vegetables halfway through.
- 3. Place lamb on a warmed serving platter, cover loosely with foil and leave to rest in a warm place for 15 minutes. Add the tomatoes to the roasting tin and return the vegetables to the oven for a further 10 minutes. Carve lamb into thin slices and serve with the vegetables.



Kerrisdale

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